

Maryland State Gym

Level 5-8 Girls Gymnastics Report card

Name: _____

Level 5	Level 6	Level 7	Level 8
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Floor		Floor		Floor		Floor	
dive roll	front handspring	standing back handspring step out	front somi tucked	roundoff handspring layout	front handspring front tuck	round off back handspring double full	front handspring front layout
back roll extension	full turn	front handspring step out front handspring	side leap 180 degrees	jump double turn	pirouette double turn	front handspring front full	front handspring front full
back walkover	round off 2 back handsprings	back walkover	back walkover	arabian	layout full	double back	double back
All splits	180 degree split leap	double turn	standing back tuck	switch leap 180	straddle jump 180 1/2 to straddle jump 180	whip to double full	whip to double full
press handstand		round off back handspring back tuck	round off back handspring back tuck	straddle jump 180 1/2 to straddle jump 180	handstand 2/1 pirouette	straddle jump 180 +	straddle jump 180 +
		straddle hold press handstand	straddle hold press handstand	handstand 2/1 pirouette	handstand 2/1 pirouette	split leap 180 +	split leap 180 +
				handstand stalder press handstand	handstand stalder press handstand	switch split 180 +	switch split 180 +
				round off whip to full	round off whip to full	triple turn	triple turn
				butterfly	butterfly	front layout front tuck	front layout front tuck
						round off side somi	round off side somi
						Tong Fei	Tong Fei

Vault		Vault		Vault		Vault	
front handspring	front tuck off springboard to mat	1/4 on	front handspring 1/2 off	1/4 on 1/1 off	front handspring full	tucked Tsukahara off board	tucked Tsukahara off board
front layout to back on mat off board		front layout to feet off board	front layout to feet off board	tucked Tsukahara off mini tramp	front handspring front off mini tramp	front handpring front layout Tsukahara off mini tramp	front handpring front layout Tsukahara off mini tramp

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Uneven Bars		Uneven Bars		Uneven Bars		Uneven Bars	
glide kip		kip cast handstand		back giant from handstand		blind change	
cast to 45		free hip shoot handstand		front giant from handstand		front giant to 1/2 turn	
squat on		straddle glide kip from handstand		cast handstand 1/2 pirouette		cast handstand 1/1 pirouette	
long hang kip		baby giant from handstand		straddle back to horizontal		straddle back to handstand	
tap swings at bar height		back tuck flyaway		soul circle straddle cut to high bar		stalder circle	
swing 1/2 turn dismount				giant to layout flyaway		straddle endo circle	
						layout full dismount	

Beam		Beam		Beam		Beam	
rock forward to stand		side leg lift to front leg lift at hip height		back handspring step out cartwheel mount		back handspring step out layout step out	
180 degree split leap		back walkover		full and a half turn		front handspring step out mount	
cross handstand hold		cross handstand (hold 1 sec.) to side handstand (hold 2 sec.) dismount		180 degree straddle jump in cross position		side aerial	
cartwheel				jump full turn		double full turn	
180 degree split jump				back handspring back tuck dismount		straddle jump half turn in cross position	
full turn						180 degree switch leap	
side handstand (hold 2 sec.) dismount						two back handsprings to full dismount	

Splits		Splits		Splits		Splits	
all 3 splits 180 degrees		all 3 splits -1 inch		all 3 splits -2 inches		all 3 splits -3 inches	